#### Jacqui Fay

From:

Monadnock Farm and Community Coalition <coordinator@mfccoalition.org>

Sent:

Wednesday, June 16, 2021 2:25 PM

To:

Jacqui Fay

Subject:

Pick strawberries! NH Ice Cream Trail, Storytelling Film at the Northfield Drive-in & more



## Building a Robust, Sustainable, and Equitable Local Food System

#### SUMMER IS HERE!!

Get out and revel in the seasonal delights of summer!

Buy or PYO strawberries, beets, broccoli, corn, mushrooms, kale & more! Farm stands, farmers markets, and certain grocery stores are open and chock full of fresh strawberries, local greens, asparagus, honey, syrup, meat and a ton of other products. Find out where they're located! Or scroll down...

#### **Growing and Maintaining your Garden!**

Workshops on the garden insectary, "feeding the family" gardens, and much, much more are offered by our members (see below!). Check out our website, "Food & Gardens for a Resilient Monadnock" for an extensive list of "how to" resources, and connect and learn from others' experience at our Facebook group, "Gardening Connections in the Monadnock Region".

#### SNAP/EBT Double your Purchasing Power or get 50% off Fruits and Veggies

- If you receive SNAP benefits, you can DOUBLE your fruit and vegetable purchases at farm stands, farmers' markets, and grocery stores! <u>Find out</u> <u>where.</u>
- Want to know if you're eligible for SNAP? SENIORS did you know you might be eligible for SNAP/EBT too? Find out now.
- Need help feeding yourself or your family? <u>Find out where to go to get</u> charitable food.
- Get 50% off fruit and veggie purchases thanks to the <u>Double Up Food</u>
   <u>Bucks program</u> at the Monadnock Food Coop (for SNAP/EBT participants)

 Don't feel comfortable cooking fresh food? Free, virtual cooking classes available! Find out more.

#### **Spotlights of the Month:**

Jobs! Jobs! And more jobs! The Cheshire County Conservation District is looking for a new outreach coordinator. <u>Find out more.</u> The NH Association of Conservation Districts needs a new planner - <u>find out more.</u> Pete's Stand in Walpole needs a Field Worker - <u>contact the farm here</u>.

NEW! Join Monadnock Farm to School Network here.

Check out Taste-Testing Tuesday at <u>Machina ArtBar & Kitchen</u>, featuring locally sourced food!

Pull up a cozy chair, pour a nice glass of wine, and listen to "Stories From the Field: A Special Broadcast with the Monadnock Farm & Community Coalition and NHPR"; NHPR's one-hour program based on our original event held last December. Featured storytellers include: Marty Castriotta, Village Roots Permaculture; Jordan Scott, Machina ArtBar & Kitchen; Beth Hodge, Echo Farm Puddings; and Holly Gowdy, Brookfield Farm!

#### **Farmers Markets**



**Chesterfield Farmers Market**, Sat: 9am - 12pm, in front of Town Hall, Rte, 63, 1.5 from Rte 9. Farmers Market of Keene, Tues: 3pm - 6pm, Sat: 9am - 1pm (Gilbo Ave); Hinsdale Farmers Market, Sun: 9am - 2pm (Millstream Park); Milford Farmers Market, Sat: 10am - 1pm (300 Elm); Peterborough Farmers Market, Wed: 3pm - 6pm (Elm St); Rindge Farmers & Crafters, Thurs: 3pm-6pm (W. Rindge Common Park); TEAM Jaffrey Community Farmers Market, Fri: 3pm - 6pm: Wilton Farmers Market, Tues: 3pm - 6pm; Winchester Farmers Market (Accepts SNAP), Sat: 9am - 1pm (Town Hall)

#### **Farm Stands**

#### **Archway Farm**

183 Arch St., Keene Pork products, beef, lamb, milk, condiments, Beni's Bread, Faber Family syrup, Terra Nova Coffee & more!

#### Coll's Farm

63 North St., Jaffrey Organic and conventional produce, garden center, florist.

#### **Green Wagon Farm**

Court Street, Keene Small scale produce - greens, tomatoes, melons, squash, green beans, corn & more. Cut flower farm.

#### **Manning Hill Farm**

79 Old Manning Hill Rd., Winchester, NH Cow milk soaps & lotions by Holland Homestead, Cheshire Gardens preserves & mustards, Echo Farm puddings, beef, lamb, milk, syrup, honey & more!

#### Mayfair Farm

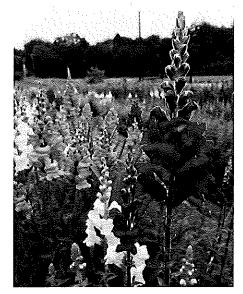
31 Clymers Dr., Harrisville
Online ordering and pick up only!
Farm stand is not open to public.
Fresh prepared gourmet foods (the best quiche ever!) lamb, pork products, soups, cocktails, flowers, greens, groceries & more

#### Stonewall Farm

242 Chesterfield Rd., Keene Frozen, prepared meals, Frisky Cow Gelato, yogurt, milk, a variety







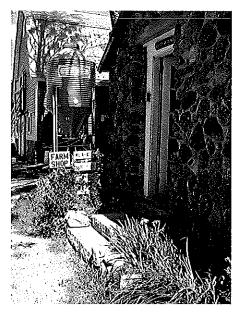
of gourmet food & more. Featuring heat & serve Indian Food from Shree's Kitchen on Friday nights!

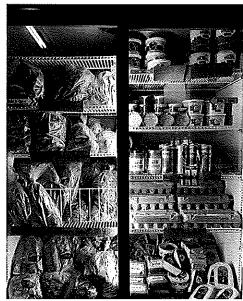
NEW! <u>Tippin Rock Farm</u> 227 Swanzey Lake Rd. Swanzey Small farm offers vegetables, flowers, maple syrup & more!

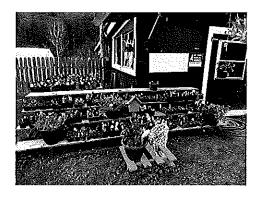
# Tracie's Community Farm 72 Jaffrey Rd., Fitzwilliam The store is fully stocked! Come grab some veggies, eggs, meat, bread, cheese, pudding & more!

## Whitakers Homestead & Greenhouse

236 Forest Rd., Alstead
Fresh flowers, lettuce, greens,
peppers, tomatoes, squashes,
melons, okra, broccoli, beets,
radishes, onions, eggplant,
cucumbers, blueberries,
strawberries, apples, peaches,
corn, and much more for produce,
herbs, veggie starts, flower starts,
hanging baskets, oval planters, and
memorial pots. We will also have
local products, maple syrup, honey,
maple candy, soda, honey sticks,
cheeses, eggs, and much more
here in the Farm Store.







#### **CSA** sign ups



SIGN UP TODAY! They're almost gone! Abenaki Springs - SOLD OUT Cornucopia Project -AVAILABLE (Peterborough) Foggy Hill Farm (organic) SOLD OUT, Hemenway Farms, AVAILABLE (Charlestown), Hillside Springs CSA (organic) SOLD OUT, Holland Farm, AVAILABLE (Milford), Hungry Bear Farm (organic) SOLD OUT, Picadilly Farm (organic), SOLD OUT Stonewall Farm (organic), AVAILABLE, (Keene) Sun Moon Farm AVAILABLE (Rindge), Tracie's Community Farm CSA shares AVAILABLE for Spring, Summer and Fall. Village Roots Pastured Meat & Greens, AVAILABLE, (Alstead)

#### **Monthly Updates**

#### For Children/Teens

It's National Dairy Month!
Check out the NH Ice Cream Trail!
Enjoy 42 ice cream stand full of local flavor and fun!
Start at Frisky Cow Gelato and Stonewall Farm here in Keene!
Trail guide.

## Summer Camps at Stonewall Farm

Since 1990, hundreds of children have learned about farming, plants, hiking & more at this 120-acre outdoor classroom and farm!

Find out more



#### Summer Fun at East Hill Farm!

Pat the Bunnies, Milking in the Barn, Scavenger Hunts, Arts & Crafts & more. Come stay at the Farm!

#### For Individuals:

## Feeding the Family Series NOFA - NH

Are you tending a garden for the first time, or have you been growing for many years now? NOFA-NH's "Feeding the Family" Organic Gardening Workshop Series with organic farmer Ron Christie offers tips for new and experienced gardeners seeking to feed themselves and their families.

Learn about garden planning, healthy soils, pests and diseases, container gardening, building raised beds and so much more in this 15class online workshop series! Attend 1, 2, 3 or all 15 classes!

**July 13** - Instruction and Q & A Discussion

**August 10** - Instruction and Q & A Discussion

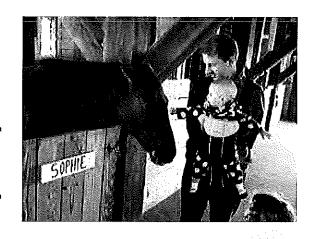
**September 7** - Instruction and Q & A Discussion

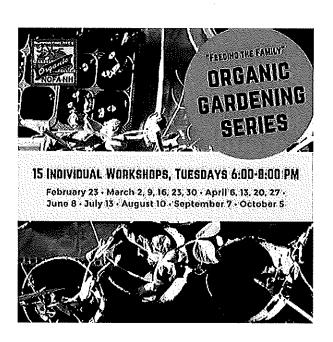
October 5 - Instruction and Q & A Discussion

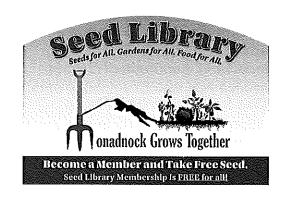
Individual class registration

Free Seed & Gardening Tool Library at Keene Public Library, thanks to Monadnock Grows Together.

Growing Well Workshops
The Cornucopia Project
Plant Families & Friends, 7/16







The Garden Insectary, 7/30 Gardening with Native Plants, 8/15 Storing Your Harvest, 9/24

Interested in installing pollinator habitat on your land? Source:
Cheshire Co Conservation
District

Here are some resources:
Organic Site Prep Methods
Organic Wildflower Establishment
Native Shrubs & Trees for
Pollinator Conservation
Pollinator Plant for Northern New
England Gardens
Pollinator Plants: Northeast Region

Compost at Stonewall Farm!

Composted manure from our organic dairy farm is for sale on **Saturdays and Sundays** between 9 and 3pm. You must stop in the farm store to pay and get your tickets.

#### <u>Food & Gardens For a Resilient</u> Monadnock

**New website** for garden education and tools, and where to find charitable food (food access)

## Gardening Connections in the Monadnock Region

NEW Facebook group (private) learn from others, share lessons learned, swap seeds, & more!

## For Farmers & Producers:

Do you have a specialty crop that the region needs to know about?Would you enjoy a feature story written about the history of





## FOOD & GARDENS FOR A RESILIENT MONADNOCK



your farm? Monadnock Table Magazine is looking for YOUR story! It's free! Email Marcia Passos-Duffy today!

Update or share your farm information on the Farm Directory - what are you selling? Do you offer CSAs? Are your products being sold at your farm stand or another? Email Marcia Passos-Duffy now! Both the CCCD and MFCC work from this list! Please help us, help YOU market your farms!

\$16 Billion Available to Farmers from Coronavirus Food Assistance Program! Call or contact your Farm Service Agency today. This is not to feed people, this assistance is for the nation's producers. Read more and apply - NCAT, New Hampshire

Farm Rental Equipment available at Cheshire Co. Conservation District

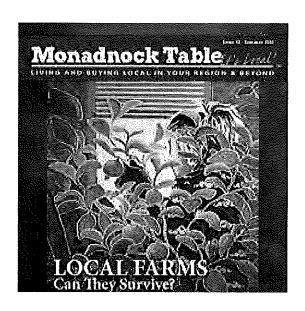
Community Supported Solar Shares still available! Be a part of the CSS Project Family! Reduce your energy costs! Have you ever dreamed of owning solar, but can't make it happen for

solar, but can't make it happen for one reason or another? Well, here's your chance!

Shares in this group net metering project are going fast! Don't miss out on your chance to stabilize and lower your electricity costs.

Find out more...

Want to find farm land to lease or purchase? Need to retire from farming and could use help? Have







land you want to make available for farming? Contact Land For Good.



#### For Teachers:

#### It's National Dairy Month!

It only takes about 48 hours for milk to travel from the farm to you. Use the additional resources and activities below to help your students understand where their milk comes from and the role dairy farm families play in producing a wholesome, nutritious product that goes from the farm to glass in as little as two days.

Order free resources for your students

#### From Screen to Green Webinar Series for Children

Join New Hampshire Environment Educators and the NH Schoolyard Habitat Grant Partnership for their Screen to Green webinar series for educators. Watch the full series below or check out each individual video.

"Demonstration Pollinator Garden Virtual Tour Webinar" -Watch Here!

"Screen to Green Virtual Sampler"

Watch here!

Designing an Outdoor Classroom by Marilyn Wyzga -Watch here!

Safe, Happy, Healthy Outdoor Learning

Watch here! Watch the full series!

For Edible Educators!







The Edible Schoolyard Project's goal for their Summer Training at Home 2021 is to provide an engaging, joyful, and dynamic experience. Join in for an exciting series of free workshops, webinars, and skill shares that will bring together edible educators from around the world. Learn more about the full calendar and register here!

## Indigenous Harvest Calendar - SUMMER!

Explore the Indigenous NH Harvest Calendar for the Niben (Summer) season. Learn about foraging for wild blueberries and sunflowers, fishing for salmon, and cooking with shellfish.

Check it out.

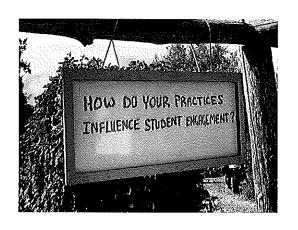
## National Agriculture in the Classroom 2021 Conference

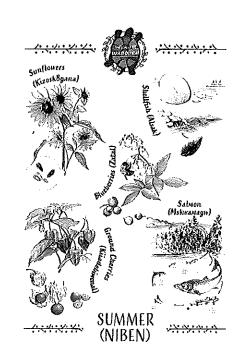
SAVE THE DATE: June 28 - July 1, 2021

The National Agriculture in the Classroom Organization is proud to present its annual conference providing dynamic professional development to teachers and education professionals who use agriculture as a lens for authentic learning experiences. The 2021 National Agriculture in the Classroom Conference "Fields of Dreams" is a hybrid conference. Register here.

Summertime in the Garden!
Just a friendly reminder about the amazing resource that is the New Hampshire School & Youth Garden Network. Head to their website at the <a href="here">here</a> to access garden curriculum, events, and more.





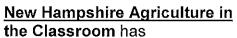


#### June 28-29

The Green Schools Conference

(GSC) is the only event to bring together all players involved in making green schools a reality: people who lead, operate, build and teach in schools. This year the Green Schools Conference will convene virtually over two half-days of programming, featuring inspiring keynotes, interactive education sessions and engaging peer group networking

opportunities. REGISTER HERE >>



opened ordering for educators to select from a variety of curriculum kits, from books to educational crafts. ORDER TODAY!

LEARN MORE & ORDER >>







## Getting Local on All Plates!

#### Cooking Matters at Home! Thursday morning workshops for parents in July

- · Four sessions on Zoom
- Participants receive a \$10
   Hannaford's gift card for each session!
- Sessions include discussion and a recorded or live cooking demonstration
  - Topics include using mix & match recipes, meal planning tips, healthy snacks & beverages

#### Sign up today!

Virtual Family Cooking Class!



#### Tuesday evenings, July - August

- Six cooking sessions (Zoom) platform) + recorded video lessons
- Cookbook, recipes and door prizesl

#### Registration required!

#### Monadnock Farm Share

50% off fresh CSA vegetable shares STILL AVAILABLE! Community Supported Agriculture (CSA) produce farms in the Monadnock Region have come together, in partnership with the **Cheshire County Conservation** District, for a third year of ensuring that farm-fresh CSA vegetable shares are affordable for all interested community members. Foggy Hill Farm in Jaffrey, 1 shares Sun Moon Farm in Rindge, 1 share Hungry Bear Farm in Mason, 2 shares

#### Apply here!

#### Monadnock Mobile Food Pantry **SURVEY**

WE NEED YOUR INPUT! The Monadnock Mobile Food Pantry is in the initial planning stages with the objective to bring healthy fresh food to residents of Cheshire and Hillsborough Counties who are food insecure and/or have substantial obstacles to food access due to transportation, income or other factors.

The purpose of this survey is to gather information about the community's interest in a mobile food pantry in order to secure food for all community members.

#### TAKE THE SURVEY



#### Learn to eat healthier on a budget!

#### **Cooking Matters at Home**

Thursdays on Zoom from 10-11am FREE online workshop series!

Please contact Christine at christine.parshall@unh.edu or 603-331-4793 for more information, or register at <a href="http://bit.ly/July21CM">http://bit.ly/July21CM</a>.

#### in this four-week interactive series we will cover...

July 1 Making Recipes Work for You No More Mealtime Madness July 8

Hack Your Snack July 15 July 22 Drink to Your Health









Extension Nutrition Connections Extension





Sign up for this fun, weekly, virtual family cooking class, and learn more about making healthy choices!

#### Each class has two parts:

- Family Cooking session on Zoom
- for parents (watch on your own time)

#### PRIZESI Sample of video lesson; https://youtu.be/12H4bBUKp3Q





Date: Tuesdays - July 6, July 13, July 20, July 27, Aug. 3, Aug. 10 Time: 5:30pm - 6:30pm Place: In your own home!

#### Registration Required:

http://bit.ly/Cooking21 Or contact Christine Parshall christine parshali@unh.edu call 603-331-4793 or text 603-355-7166

#### INCOME ELIGIBILITY LIMITS APPLY

If you qualify for SNAP, NC, Ledicaid, Housing Asiatance, or other types of francial assistance, then you qualify to participate at no cost to you. Lugarge assistance is available at no cost. For persons with disabilities requiring special accommodations, please contact Christina at 60 331-479 within 1 days to proper consideration may be given to the request.

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Your participation is completely voluntary. Responses are confidential. If you are eligible for food assistance programs, your participation in this survey will not impact your benefits.

This project is co-sponsored by The Community Kitchen, Inc, Keene, NH and the Monadnock Farm and Community Coalition, Walpole, NH.

#### Granite State Market Match (GSMM) helps SNAP customers DOUBLE vegetable and fruit purchases!

Shop with your SNAP/EBT at the following locations to double your dollars! 50% CSA shares with SNAP at Picadilly Farm!

Learn more about GSMM

Free Seed & Gardening Tool Library at Keene Public Library, thanks to Monadnock Grows Together.

#### Charitable Food

Newest information on locations and delivery times for charitable food can be found at: Food & Gardens for a Resilient Monadnock website.

## FOOD & GARDENS FOR A RESILIENT MONADNOCK





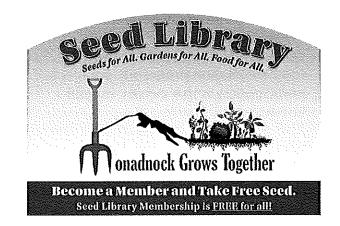




\$1-for-\$1 match at these locations when you shop with SNAP/EBT!



CCCD



How do we build a viable food system assuring food security for future generations?

By bringing our members together regularly in work groups and quarterly forums.

#### 2021 Forums

## Monadnock Earth Day Film Festival

Seven hundred and five people from New Hampshire, from across the US (Oregon), and across the globe - Canada, Scotland, UK, Russia, Australia, and Belgium enjoyed films and discussions building a resilient food system and food future.

Thank you to our Earth Day Film Festival Sponsors: Green Energy Options, C & S Wholesale Grocers, Vital Communities, Food Connects, Monadnock UU Social Justice Committee, Greater Keene & Peterborough Chamber of Commerce, LCV, W S Badger, Monadnock Alliance of Sustainable Transportation



2021 forums (continued)

Monadnock Fresh capacity building forum - Date: TBA

Food Access Initiative and Mobile Food Pantry Community Engagement forum - Date: TBA

#### **Events**

**2021 Monadnock Farm Tour** We are still rounding up farms!

Keep checking back!

## Local Food & Storytelling at the Northfield Drive-in!

June 22, 6:30pm - 10pm. \$10/pp or \$20/car

CISA (Community in Support of Agriculture) Northampton, MA filmed last year's "Field Notes" event -- an evening of six amazing storytellers from around the region sharing their adventures (and misadventures) in farming, cooking, navigating new cultures and relationships, building community, and more. Find out more!

## Stonewall Farm Community Nights!

Fridays, Memorial Day - Labor Day Food trucks, workshops, Shree's Indian Kitchen (4-6pm), beer, farm store & more!



George Hansel of Earth Haven Farm!





#### **Communications**

NEW! MFCC's Food & Gardens for a Resilient Monadnock website



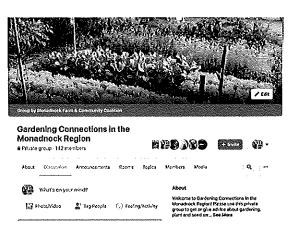
Are you ready for Spring? Our new website, provides EVERYTHING you might need to know!

- Get the Stuff you need to plant a garden -- Seeds, raised bed kits, community garden plots, discounts on garden supplies, tools & more!
- Learn the Things -- Links to UNH Extension Master Gardeners, Soil Testing, Planning a Family Garden, Companion Planting, Guides to Building Raised Beds, Indoor Gardening, Composting & more!
- Educational Resources -online gardening networks around the region & state, recommended books, blogs, local experts & more!
- Other -- Care & Maintenance, Storing & Preserving, Putting Garden to Bed & more!

Join our private Facebook group,
"Gardening Connections in the
Monadnock Region" -- members
connect with local experts and each
other about lessons learned, ideas,
tools, & more!







Did you know if everyone spent \$5 a week on local food, we would add \$338 million to New Hampshire's economy? Join the \$5/wk movement!

## Other GREAT PLACES to buy local!

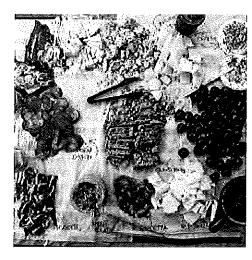
#### CC&D'S Kitchen

79 North Street, Keene Tues - Thurs 11am - 6pm Thursday - Full BBQ menu VOTED BEST BBQ IN AREA! Sandwiches, soups, desserts, catering & more!

#### Crescendo Acres

21 Carpenter Rd., Surry, NH 5.9 mi north on 12A from Court St./Maple roundabout

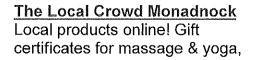






#### Hannah Grimes Marketplace

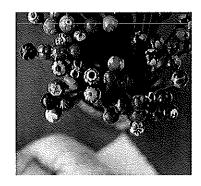
42 Main Street, Keene
Over 250 local artisans! Gift
baskets, gourmet food, glassware,
ornaments, skin products, syrup,
honey, cheese, crafts, toys,
puzzles, & more!





original paintings, candles, ornaments, fiber arts, toys, & more!

**Featured photo:** Hand painted knitting needle tops from Harrisville Designs!



# PLEASE SUPPORT YOUR MONADNOCK LOCAL FOOD SYSTEM ASSURING FOOD SECURITY FOR FUTURE GENERATIONS!

I Support the Coalition!

The Monadnock Farm and Community Coalition is a coalition of 140+ member organizations and individual members who come together regularly to build a robust, sustainable, and equitable local food system in the Monadnock Region of Southwestern NH.

Monadnock Farm & Community Coalition | 802.275.4191 www.mfcommunitycoalition.org





Monadnock Farm and Community Coalition | 11 Industrial Park Drive, Walpole, NH 03608 802.275.4191

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